

Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

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www.FrederickCountyMD.gov/seniorservices Facebook: [Urbana Senior Center – Frederick County, MD](#)

May Program Highlights

Mother's Day Lunch with Nurse Steve: "How do I know if I can still live independently?"

Celebrate the women in our lives who have "mothered" us over the years.

Nurse Steve's talk will be "a discussion on how slowing down does not have to end independent living."

Menu: Roast beef, red potatoes, Harvard beets, tossed salad, roll, melon, cherry pie

Date: Thursday, May 9

Sign-up by Wednesday, May 1

Time: Noon **Cost:** \$5.00 (regular meal cost)

Nurse Steve's talk at 12:30 p.m. is free.

The Inside Scoop: Lymphedema Management

Learn how you can better manage your lymphedema (swelling caused by a build-up of lymph fluid under your skin from lymphatic system blockage).

Presenter: Neethu Thyparambil, PT, CLT, registered physical therapist and certified lymphedema therapist

Date: Tuesday, May 21

Time: 6:00 p.m. **Cost:** Free

*Optional Fried Chicken Supper, 5:15 p.m.
\$5.00 person, reservations required*

Maryland Cooking:

Historic Cookbooks of the Old Line State

Curious about the origins of Smith Island Cake, crab soup, and Maryland fried chicken? Explore a collection of Maryland cookbooks and search for early recipes of your favorite food. Presenter: Julie Saylor, Maryland State Library Resource Center. This is a joint program with the Urbana Regional Library.

Date: Wednesday, May 15

Time: 1:30 p.m. **Cost:** Free

Tasty Tuesday: Celebrating Good Food The History of Chinese Tea

Come learn about the history of Chinese Tea: from tea pots to the actual tea.

Date: Tuesday, May 14

Time: 6:00 p.m. **Cost:** Free

Culture Fest

Explore the cultures of other countries. The Urbana High School Alliance of Latin American Students and the Community Outreach Club will be hosting this event.

Date: Tuesday, May 28

Time: 4:30 p.m. **Cost:** Free

Prepare an Advanced Directive

Have your advanced directive prepared or reviewed for free. Pro bono attorneys will be here for Law Day. Appointments are required.

Date: Wednesday, May 1

Time: By appointment only **Cost:** Free

Memorial Day Picnic & Ice Cream Social

Join us as we celebrate Memorial Day with an indoor picnic and ice cream social.

Menu: cheeseburger, baked beans, coleslaw, fruit, ice cream

Date: Thursday, May 23

Sign-up by Tuesday, May 14

Time: Noon **Cost:** \$5.00 (regular meal cost)

AARP Driver Safety Course

This course, a classroom review of safe driving strategies, is offered in partnership with AARP Frederick Chapter 636.

Pre-register is required. Space is limited.

Check or Money Order only on day of class.

Date: Friday, May 17

Time: 10:00 a.m.-3:00 p.m.

Cost: \$15 for AARP members,
\$20 for non-members

(see other side for calendar of activities)